To You Who

Baby's Coming

Have you stored your

scented boxes with clothes of dainty charm? Have you

stored your mind with the

wisdom that mothers need?

Have you learned about the

bathing and the regular feed-

ing-and have you learned-

most of all-about the food?

Fortunate your baby if you can nurse him. Learn this now (you will prove it after

Send the coupon for a FREM Triel Package of 12 feedings and a book about babies by specialists.

NESTLE'S FOOD COMPANY,

119 Woolworth Huiding, New York, Please send me FREE your book and trul package.

Wait Your

## Bedtime Story For the Little Ones

UNCLE WIGGILY AND THE CORNCOBS. BY HOWARD R. GARIS.

Where are you going today?"

asked Norne Jame Purzy
Wunsy, the muskrat lady,
is she saw Uncie Wiggily Longears.

Their Wiggily, may I have these old as she saw Uncle Wiggily Longears, the rabbit gentleman, starting out of his hollow stump form house one morning. "Are you going to pick beans, or smell the perfume of the cauli-

Neither one, if you please," answered the rabbit gentleman, with a polite how. "I am going over to the far, green field, where my corn in growing, and husk it. Then I am going to "Oh I'm going to make the corncon the values."

"What do you want of the corncobs, Jackle, anked Uncle Wiggliy, curious-like.

"Oh I'm going to make." nels, so they can be ground up into yellow meal to make Johnnie cakes." And won't there he any Sammle or Billie or Susie or Lulu cakes." asked

Nurse Jane, smiling, "Oh, yez, of course, there will be," snawered the bunny gentleman. "John-nic cake is only a name. Any of the animal children may have some if you

early.

Siting down in the middle of the field, in the shade of a pile of cornstalks, which he cut down with his kulfe. Uncle Wiggily began to shell off the yellow kernels. The kernels he put in a pan that Nurse Jane had given him, letting them fall into it rattle-te-hang like the sound of rain on the roof at night.

The sormoods, which he did not want, the rainoit gentleman lossed to one side. He was working away, shelling

and ruine It.

The best thing for steady use is just ordinary muisified cocommut oil (which is pure and greaseless), and is better than the most expensive scap or snything else you can use.

One or two tenspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich.

in. It makes an abundance of rich. ersamy lather, which rinses out easily, removing every particle of dust dirt. dandraff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft as it the hair fine and sliky, bright, justrous, fluffy and easy

minage. You can get mulsified coccanut oil at y pharmacy. We very cheap, and a counces will supply every member the family for months.—Adv.



"Oh I'm going to make semething of them," said the little puppy chap. "May have a lot of them."
"As many as you like," answered he burns man. "I shall be glad to set rid of them, as they are of no use o me. All corncols are good for as far is I know, are to make pipes, and, an don't smoke on account of my rhemantism. I don't need a pipe. I don't tant the corncols—they are no good, ake them all."
But you just wait and see how good.

Set them all.
Set you just wait and see how good cornculs were going to be to Uncle

The old rabbit gentleman kept on soling corn; and tossing the empty obesion a pile behind him. There Jackle ow Wow picked them up, and Uncipe fugstly did not notice what the pupps of did with them.

A little later along came Grand-tiber Goosey Gander, the goose general wadding through the cornell first like an elephant picking up the provides a prologue canuts.

careless Use of

Soap Spoils the Hair

Soap should be used very carefully, it you want to keep years to hair looking its best. Most soaps and prepared shampons contain too much alkali. This dries the scalp, makes the hair brittle, a scanning sound at the end of the cornfield and out popped a hig, bad for the part of the cornfield and out popped a hig, bad for the part of the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a hig, bad for the cornfield and out popped a high page and the page and the exclaimed. The extrainty am glad to see which the extrainty am glad to see while the popped at high page and the page and the popped and the exclaimed. The extrainty am glad to see while the retainty am glad to see while the page and the page and the page and the page and the extrainty am glad to see while the page and the p

"That's just what I am going to dot-cried the fox. "Here I come!" and with that he made a jump for the two friends, but just then a sly little voice.

friends, but just then a sly little voice said:

'Uncle Wiggily' Grandpa Goosey'.

Come in here, quick!'

'In where?' asked the bunny uncle, leoking all around.

'In the strong house that I made of the empty cornobs,' was the answer.

'Come in and hide and the fox can't get yea,' and there stood Jackie Bow Wow, the puppy boy, at the door of a house he had made of the cornoba. It was a large enough house for him and Uncle Wiggily and Grandpa Goosey. Into it, they jumped, and Jackie guickly closed the door tightly. Up rushed the fox but be could not get in the cornoba house and the puppy dog hoy were safe.

Then the fox, clinking his teeth, he-cause he was so disappended, range of the fox has a so disappended. ause he was so disappointed, ran way, and he had to go to a resistirant

There are ill holidays in the Merican

# News Notes

# Movieland

BY DAISY DEAN,

T wo tremendous moving picture spectacles, "Givilization" and J. "The Fall of a Nation," now be-Ing exhibited in New York, have made that town movie mad. These plays will later be exhibited all over the country and very probably in this city.

"Cyclication" is the story of a mythle king who seeks war to test a fighte" asked Uncle Wiggily, curiousp I'm going to make something of
 said the little puppy chap. "May
 e a lot of them?"
 many as you like. answered
 inony man. "I shall be glad to
 id of them, as they are of no use
 All corneobs are good for as far
 know are to make pipes, and, as
 i smake on account of my rhem
 M. I don't need a pipe. I don't
 the corneobs—they are no good,
 The man upon whom his
 hopes depend is the inventor, whom his
 all shoard for the make of the woman
 Me loves, an advocate of words peace.
 He wanders through purgatory, and,
 infused with the spirit of Christ, re turns to earth a result logically ac complished through his body being
 washed up by the wares and life re turning under restoratives. When he
 refuses to continue work, he is cont
 into prison under sentlence of death.
 The king, visiting him, sees Christ for
 himself and learns the leason of in finite peace. ing machine to which he has devoted



Bessie Barriscale.

Ressie Barrishnie's bounting fear is that she will acquire a double chin-another one. She had one once and got rid of it, she says, by rubbing her face and neck every morning with a piece of ice. The double chin is the terror of all movie picture beauties. Miss Bessie stars in the plays of the

Then the fox, clinking his teeth, hecause he was so disappointed ran away, and he had to go to a restaurant for his dinner.

"Ha! I guess corneces are of some use in this world after all." said Uncle Wingily, when everything was all right and the fox had gone away. "I will think more of them after this."

And if the flusting brush doesn't jump ever the broomstick, and scare the frying pun so that it tries to hide under the sink, I'll tell you next about Uncle Wignily and the well.

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MHLIJKEN IS NOMINATED

FOR MAINE GOVERNOR

Fortland, Me. June 21.—Returns so far indicate Carl E Milliken has received the Republican nomination for govermor, Frederick Hale for senator and John Peters and Frank E. Guerniey for representatives.

In the Democraffe primaries, Curtis, United States senator Charles P. Johnsey and congressman Daniel J. McGillicand by the girl's father, an astionomer, has been named "The Love Comet," The couple have numerous advantures in the air, including the

NTRA

# **New York and Boston** and to all Atlartic Coast, New England and other Eastern Points Take advantage of the BACK EAST Low Fare Summer Tourist Tickets on sale daily throughout the summer via "The Niagara Falls Route"

Stopover privileges at all points enroute Five Splendid Trains Every Day From Chicago

An unsurpassed view from the train enroute of Wonderful Niagara Falls Apply to more local agent for tickets and sleeping car reservations, or for complete information and suggestions acts desirable trips, call on or address our

DENVER OFFICE, 718 Seventeenth Street

Erwin Tears, General Agent Passenger Department

# Beauty Chats By Edna Kent Forbes

Inducing Deep Sleep

Too little steer is nan, too much is before you lie down, so the skin may Too little start is pan, too much is before you he down, so the skin may even worse. Many people go about breathe new air, have only one pilompiaining that their rest does low under your head—or none at all them no good, looking dull and heavy. Relax your body and mind when feeling drowsy—when nothing is you blow out the light. Only in this wrong but a torpid liver and a way can you bring deep, efreshing

ogged colon.

Sieep. Let so all thoughts from your The woman who has followed the mind, release the tension on all musadvice in this column for the last cles in the body. Relax absolutely!



Relaxation is the secret of deep sleep

two weeks or so, since we first sug- You may have to learn how to rethe colon is free from the poisonous foods that collect and harm her, she foods that collect and harm her, she is hathing frequently and intelligently, sure her outward skin is free and clean. She is drinking two quarts of water a duy, to keep the system flushed, to help preserve her youth by giving her body the needed liquids.

And the next question is sleep.

Here, also, one deals in generality.

And the next question is sleep.

Here, also, one deals in generalities. Some need more alcep than others. No one should get less than eight hours, children need from nine to twelve, grown women who are weak or aremic need nine or more. To induce sleep, have your windows open, have light-weight, warm covers on you be sure all garments worm during the day are removed.

gested a physical housecleaning for lax, but when you do, you have mas-beauty, has progressed this far—she tured the secret of deep, dreamless is sure, from the internal baths, that sleep.

Questions and Answers

(Projected by George Matthew Adams)

alights in whitewash. Walter Wrights was the director of the Sennett comedy and the principal players are Ora Carrew, Joseph Schmont, William Callahan and Frank Hayes.

Arma Nilsson is wedded to Guy Coomin. Tom Moore is the husband of Alice Joyce. Miss Nilsson and Moore are co-stars in the new serial. Who's

Anna Luther's chief asset aside from beauty, talent and grace of manner, is that she doesn't look mussed, let the wind blow as it will.

BURNQUIST FOR GOVERNOR.
IS RESULT OF PHIMARY.
St. Paul. Minn., June 21.—Gov. J. A.
Burnquist is a been nominated on the
Republican tickes for reslection, as a
result of Monday's printery, and Frank
E. Kellogs for United States senator,
according to incomplete returns.

# 14 YEARS Ago Today The Herald of This Date, 1992.

or the 24th district court, appointed Capt. Churles Duvis, A. P. Coles and Maury Edwards as a committee to choose the next grand jurors and the petit jurors for October and November. Sixteen names must be chosen for the grand jury sor each week of the months named.

Otis C. Coles left for Chicago to spend

nis vacation.

One hundred new books were added to the public fibrary today.

Mrs. J. E , Townsend and family left





### A New Fruit Salad

By CONSTANCE CLARKE.

more healthful or delicious than a judicious mixture of fruits with a delicate dressing.

range in a pile on platter with thick mayonnaise dressing.

DRESSING—Two three-fourths of a cup of thick mayonnaise, add two

cut into small squares, three stalks to decorate the top.

SQ VACATION

RUIT salads are steadily grow- of celery, half a cup of chopped waling in favor, and nothing is nut meats. Mix well together, ar-

The following recipe is new, and tablespoonfula of lemon juice, a makes a tempting saiad: Take three saltspoonful of paprika pepper, pour apples, chopped fine, the aliced pulp the dressing on the salad, using a of one grapefrult, six canned pears, pastry tube with plain round pips

HM-M-M- NUTHER MUCH-

RIGHT PURTY , SAM .

JES A LIL TOUCH O' PISEN IVY\_

THAT SALE - WE'LL FIX THAT ALL RIGHT - MAKES YOU LOOK

A Complete to be to the Complete to Select

To-morrow-Little Neck Clams

OL DAYS

# the summer. Mr. and Mrs. Millard Patterson are visiting the family of J. A. Buckler in San Amonio, Texas. Sam Young left for Claudcroft today to gather material for the "Reflector," to gather material of the Renesco, the high school paper. Misses Elizabeth Page and Anna Shet-ton left last night for Huntaville, Texas, to attend the summer normal school. Mrs. Charles Fex left today for Cloud-croft, to spend a few days. From that place Mrs. Fox will continue on to Den-Carnegie Man Relates In-

the baby comes). If you can't nurse your baby-he must

have something so near your own milk he won't feel the

Nestle's Food

But in cow's milk there is something at is good for your half and that mething is preserved in Nestle's Food.

Nestle's is made from the milk of

healthy cows kept in satisfary daines. All the heavy parts of milk are modified, so that the curd is soft and fleery as in mother's milk. All that your haby needs is added. It comes to you in an

for Cloudcroft, where they will spend

HOROSCOPE.

even though prosperity is apparently

By DWIG

OH IM SO GLAD

DIS MOTHING SERVED

A BRODEST IT A CHENEN POX.

SO WORSED -

OLD DOCTOR GUINTZ ROLLS

HIS PILLS OUT OF CHEERFULNESS PAND GIVES THEM TO YOU IN A

GLASS OF SUNSHINE . HE ACTUALLY MOMES SUFFERING A PLEASURE.

teresting Story of What

place Mrs. Fox will continue on to Derver.

Night police Capt. Hudson left for Tsleia to spend 19 days with Mrs. Hudson, who is summering there. During his absence, mounted officer Baker is officialing as captain.

Tonight the democrats will hold their primaries to elect delegates to the country conventile. From all appearances the delegates are stated and the primaries will be merely ferinal affairs.

Considerable agaitation was caused among the peanut vendors and boothlacks today, when it was reported that the city ordinance prohibiting the obstruction of sidewalks had gone into effect. The ordinance will be effective tomorres.

About 150 people went up to Choudraft on the special excursion train Link afternoon. Among the excursionists were House B. Stevens and family, Paul P. Hammett, Miss Leigh White, judge P. F. Edwards, P. C. Lipsconik, A. Courchesse, Col. E. W. S. Neft, J. A. Eddy, A. Hille, Mrs. John Panner, Miss Vivian Remmer, and the ware also afflicted in the same way. Their advanced age made them feel the need of a good medicine, when they were also afflicted in the same way. Their advanced age made them feel the need of a good medicine, when they were also afflicted in the same way. Their advanced age made them feel the need of a good medicine, when they cannot speak too highly of its benefitied control of the past year, and they cannot speak too highly of its benefitied control of the past year, and they cannot speak too highly of its benefitied control of the past year, and they cannot speak too highly of its benefitied control of the past year, and they cannot speak too highly of its benefitied control to a speak too highly of its benefitied control to a speak too highly of its benefitied control to a speak to highly the country. The public as a speak to highly in the eyes of the public as appearance to the public as the public as

HOROSCOPE,

Thursday, June 22, 1916.

Good and evil balanced today, according to astrology, for Jupiter and Neptune are friendly, while the sun and Uzanus are adverse.

It is a day in which to push business affairs steadily avoiding risk or speculation.

Bankers should be conservative for the next few months, the seers declare, even though prosperity is apparently

# Assured. Naval matters have a good argury Officers will profit by some change in administrative affairs. Pavors, political support and financial aid should not be sought while this configuration prevails. Large business enterprises have the promise of great profit; but there will be unusual mortality among those at the head of great corporations, the seems predict.

Face and Neck Red and Inflamed. Itching and Burning Great. In Short Time Entirely

### HEALED BY CUTICURA SOAP AND DINTMENT

the head of great corporations, the seera predict.

During the warm weather, increase of all norts of nervous disorders is probable and it is imperative that persens of every weather should cultivate poins and service about entire tate poins and service a promise success fame and him place to the young at the expense of these of maturer years. In all vocations the old must give way, as a new period of activity is at hand, astrologers declare.

With the beginning of the ammer quarter Holland hay experience the gravest troubles and even lose her independence. Edeal shorting is prognosticated.

According to the latest reading of the stars the pope may face an embarramancy crisis. He should protect his health.

New Orleans comes under a rather fortunate rating, which should encourage prosperous conditions.

Boston has the prophecy of a cantralization of manufacturing difficulties and damage over the strike conditions.

Persons whose highests, it is have a warning sign that is read as presented. "I found my face setting rough and pinples breaking out on the surface of my flesh. At first 1 did not pay much assention to them; but they got werso and my face was disfigured. My face and neck were red and inflamed and the pimples were large, hard and burn and itch and when I would almost su crary the Heliog and burning would be so great. Some nights I

ditions.

Persons whose hirthdat, if is have a warning sign that is evad as presaging business anxiety and financial strain. They should saferuard the health. Children born on this day may meet with many obstacles to process. These subjects of Caucer are often as resiless that they destroy their carears.—Copyright, 1916, by the McClure's Newspaper Syndicate. Some one supported Cuticura Seap and time I was entirely bealed and I now have a smooth skin." (signed) E. P. Irwin, 216 W. 16th St., Norfolk, Va., July 14, 1916.

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